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# Federal Liberals vote to legalize assisted suicide

What remains a mystery is whether the party's Leader, Justin Trudeau, will run with the idea PAGE8

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# Alberta's top cop

# Liquor laws could loosen

After police reported mostly good behaviour from Albertans during the exemption to normal liquor laws Sunday morning, the province's solicitor general says it's time to let debate flow over easing alcohol-serving restrictions permanently.

"We have obviously taken a very strong stance against drinking and driving, but nobody in the government is against drinking," solicitor general Jonathan Denis told Metro.

His comments came hours after he took in the Olympic hockey game at 5 a.m. Sunday in a bar with Premier Alison Redford.

On Friday, the Alberta Gaming and Liquor Commission (AGLC) relaxed rules — temporarily — on bar-opening and alcoholserving times.

But any worries about hooliganism failed to materialize, as police reported no major disturbances and EMS counted just one related injury — a patron falling down stairs at a bar.

Denis said he believes special events could very easily come with liquor relaxations, adding he's heard from bar owners who believe staggering closing times would do wonders to alleviate peak cab crunches.

"It's the philosophy of our government that people should have as much freedom as possible," he said. "At the same time, with every right comes a responsibility."

AGLC spokesperson
Jody Korchinski said it was
too early to say whether
the relaxed rules would be
repeated. JEREMY NOLAIS/METRO
WITH FILES FROM ROBSON FLETCHER



# Local revellers cheer on their men in Sochi

# **Sharing the moment.**

Calgarians got up early
— or never went to
bed — to gather and
watch Canada win gold

RO FLE

ROBSON FLETCHER robson fletcher@metronews.ca

Aside from a nervous moment when Sweden's Gustav Nyquist hit the post early in the first period, it was all jubilation at bars around Calgary early Sunday morning, as hockey fans gathered to watch Team Canada cruise to another Olympic gold medal.

"Never in doubt," Alex

# Not any old fan will do

# "We just want a place to watch the game with a whole bunch of crazy fans."

Cody Murphy, along with his brother Gerry, stood in line outside The Pint on 17 Avenue SW at 4 a.m. in -17 C weather wearing only painted-on Team Canada jerseys on their upper bodies.

Gutsche said outside The Ship and Anchor Pub on 17 Avenue SW, after enjoying the game over a couple of pints with a few friends a few dozen more fellow fans.

"You can never bet against Canada," added his buddy Dan Doherty.

The group of friends gathered outside The Ship before 4 a.m. to stand in line and secure front-row seats to watch

the game on the pub's giant projection screen.

They were joined by a raucous crowd who spontaneously broke into a rendition of the national anthem after the final seconds ticked away and the Canadian men's team secured their victory over Sweden, 3-0.

Moments later, Thomas Toplak burst out of the Twisted Kilt Pub just up the street, cheering and waving a giant Canadian flag.

"Canada rules the world!" he shouted, as passing cars honked in approval.

"We stand behind our team," Toplak added. "Everybody — no matter where in Canada — everybody is behind our team."

And while he was happy with the outcome of the game, Gutsche admitted it wasn't as "nerve-wracking" as Canada's 1-0 semifinal victory on Friday over the U.S. or the overtime thriller against the Americans in the last Olympics.

"That one was more intense," he said of the 2010 gold medal game. "But this one, I think it's created a new rivalry between Canada and Sweden."



# Only locals should hold taxi plates: City official

**Licensing.** Changes to much-debated service revs up opposition



As city officials stand firm on sweeping changes to Calgary's taxi industry, a top manager

says he also wants to shift to a system where only local resi-

dents hold the keys to service. It's no secret that some individuals hold more than one of the city's 1,526 taxi plates, but what's unclear is how many of them actually call Calgary

"There are guys out there that have six licences that are living in a different country, that are not actively participating in the interests of this service in the City of Calgary—that's got to stop," explained Marc Halat, the chief livery officer.

"You're either in or you're

out," he added. "We're going to give those folks an opportunity to divest, to transfer those plates. I think the time has come that either you're committed to become a participant in this service that you've chosen or not."

The directive comes alongside an already hotly debated proposal that would require every licensed cab to be in service on Calgary streets from 4 p.m. to 4 a.m. on Friday nights as well as during special events.

### Running the meter

981

Calgary taxi-plate holders are required to have their vehicles in service a minimum of 981 hours annually.

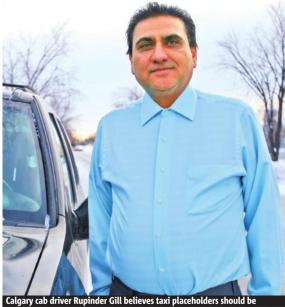
All plateholders have to show proof of a Calgary residence when applying, but it's believed a number have since moved away. Now, they likely have hired on part-time help to keep their cars running, but enforcement proves a challenge when issues arise, Halat said. He recently had to bring in a gentleman from India to address issues related to his vehicles.

All cabs are required to be in service a minimum of 981 hours annually.

"You can live in Cochrane, you can live in Airdrie, but it's pretty hard to meet those requirements if you live in India," Halat said.

During a March 2013 investigation, Metro found that Calgary taxi plates can fetch quite the price online, sometimes in excess of \$100,000.

Officials have admitted that while the plates are city property and not legally allowed to be sold, it's likely such sales take place behind the scenes. City officials have put conditions on their most recently released licences that only allow livery representatives to re-distribute them, but the original 1,411 offerings carry no such restrictions.



Calgary cab driver Rupinder Gill believes taxi placeholders should be allowed to live wherever they want, as long as they meet minimum service requirements.

# Alleged dog-napping

# AARCS suspends volunteers

Two volunteers with an Alberta animal-rescue group have been suspended after police raised questions over a claim that their dog was kidnapped and later found with both its legs and mouth bound.

It also appears that the 30 people who contributed to an online fundraiser for the couple are now in the process of getting their money back.

Alyssa Hatfield and Cameron Edmonds claimed their Akita husky Radar was taken from their yard in Whitehorn shortly before noon Feb. 7. Edmonds claimed he later found the dog in a secluded alley with its legs hog-tied and its mouth bound by a belt.

But police went public Thursday with questions about those claims, noting they had not recovered any evidence and there were no footprints in fresh snow near the couple's backyard. A veterinary examination also turned up no signs of physical abuse on Radar.

The Alberta Animal Rescue Crew Society suspended the pair pending the investigation. JEREMY NOLAIS/METRO

# Students to have hand in creating 'gateway' mural



to develop a mural along the staircase leading to the facility. JEREMY NOLAIS/METR

Kids at a Calgary school could soon help leave a lasting impression on their community.

Plans are in the works to create a mural along the staircase leading over First Avenue N.E. to Langevin School.

"It really acts almost as a gateway to the community," said Kirsten Dow-Pearce, chair of the Langevin mural planning team. "That staircase really acts as a bridge — it connects the school and schoolyard and the community in general."

The mural-planning team has already hired on Winnipeg artist Charles Johnston to spearhead the actual creation of the mural.

He'll have plenty of helpers, though, as the more than 600 students at Langevin will be creating panels to be included in the project.

The committee has received approval from both the Calgary Board of Education and Bridgeland-Riverside Community Association for the mural.

"That bridge is visible when you enter our community," explained Peggy Wouts, president of the latter organization. "It has implications for how Bridgeland is seen.... I think this pivotal."

Organizers hope to begin developing the actual mural in April but still need to fundraise \$75,000. There will be a raffle draw on March 13 for multiple prizes, including an original art piece by Johnston

To lend support or find more information, head to langevin mural.wordpress.com.

JEREMY NOLAIS/METRO



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metr⊕ **NEWS** metronews.ca Monday, February 24, 2014

# **Cheer on Canada's best as hometown** heroes make their return from Sochi

Sochi's Olympic torch has been snuffed out, but Calgary Olympic fans will have plenty of opportunities to cheer on their hometown favourites in the days ahead.

Dozens of athletes who live and train locally will pass through customs at Calgary International, starting Monday with the entire luge team,

which earned three landmark fourth-place finishes. Familiar sliders like Sam Edney, Alex Gough and the doubles team of Tristan Walker and Justin Snith arrive at 6:15 p.m.

Biathlete Scott Perras will get in earlier Monday, at around 12:25 p.m.

Tuesday will mark the return of Olympic bobsleigh double gold medallist Kaillie Humphries as well as members of the men's two-man and four-man squads, who all get in at 12:25 p.m. They will be joined on the same flight by the long-track speed-skating squad, which includes double Sochi medallist Denny Morrison and teammate Gilmore Junio, who surrendered his spot in the 1,000-metre to his more veteran teammate.

Members of the gold-medalwinning Canadian women's hockey team, including Hayley Wickenheiser, will arrive at 6:25 p.m. Tuesday.

For a full list of the athletes' flight numbers and return-home times, head to metronews.ca. wetro



# Cycle tracks

must be direct, say advocates

# **Another vote coming.**

Proposed cycle track on 1 Street SE due back up at city council in the spring



**ROBSON FLETCHER** er@metronews.ca

If you build it, they will come, but only if the routes are direct enough, say proponents of Calgary's proposed Centre City cycle track network.

It may seem obvious, said cyclist Calvin French, but people prefer to take shorter routes than longer ones, especially when they are travelling under their own leg power.

"The big secret is, if you can bike anywhere directly ... within about a five or 10 or

# Short and sweet

"So if you're going to build (a cycle-track network), and you don't build it direct, what's going to happen is people are going to try it and then be like, 'Well, yeah, it's good but it takes me twice as long or three times as long as by car."

Calvin French, Cyclist

even 15-kilometre distance, it's not that much different than a car," he told Metro. "So if you're going to build (a cycle-track network), and you don't build it direct, what's going to happen is people are going to try it and then be like, 'Well, yeah, it's good but it takes me twice as long or three times as long as by

His comments came after a committee last week in which members of council voted down a recommendation to immediately incorporate a 1.7-metre cycle track on 1 Street SE into the city's overarching plan for 20 kilometres of separated bike lanes downtown.

The vote didn't kill the project, but it did signal the concerns of several councillors over the choice of route and its impact on motorvehicle traffic.

Coun. Ward Sutherland suggested the city look at alternate routes further to the east, such as 3 or 4 Street SE.

But city transportation engineer Blanka Bracic said that would deter people from actually using the cycle tracks.

"Directness is very important to someone on a bicycle, the same way it is to anyone travelling by any model," she

The eventual goal for the overall network, Bracic added, is to have the tracks lead cyclists to within two blocks of most downtown destinations.



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# Spoke Songs. Ex-addict hopes biking helps others break out of vicious cycles

Vancouver's public bike share may have stalled, but Jonathan Orr is unstoppable.

Struggling with addiction, Orr credits receiving an old Raleigh 10-speed bicycle in 2011 as a turning point in his life.

Riding and learning to repair the bike was pivotal in his recovery, and now — with the help of PHS Community Services Society — he's developing a bike-share program for others trying to overcome their substance abuse problem.

Spoke Songs, Orr's organization that promotes the healing value of cycling, kicked off

# Farm quarantined

# Pig virus found in Quebec

Quebec has confirmed a case of the pig virus that has already killed millions of piglets in the U.S., the fourth province to do so.

THE CANADIAN PRESS



its second year in Vancouver on Friday with an opening celebration at Interurban Art Gallery.

MATT KIELTYKA/METRO IN VANCOUVER

## Diesel fuel spilled

# Train derails in Montreal

Crews were cleaning up Sunday after a CN train jumped the tracks in a Montreal neighbourhood, spilling diesel fuel. Liberals vote to legalize medically assisted suicide



But where does the leader stand? Trudeau goes MIA as convention delegates pass 'death with dignity' resolution

Federal Liberals have voted in favour of legalizing assisted suicide, but whether Leader Justin Trudeau will run with the idea is a mystery.

Trudeau was not in the room Sunday when delegates to the party's national convention passed a resolution urging that voluntary, medically assisted death be decriminalized—although moments earlier he was outside the convention hall, cheering as the Canadian men's hockey team won gold.

He was in the room later when delegates gave him an overwhelming endorsement of his decision to kick senators out of the Liberal caucus.

In an interview with CTV,

Trudeau declined to give his personal view on assisted suicide, saying he's waiting for the Supreme Court to rule on some pending cases that could provide guidance on the issue.

He did allude to the "death with dignity" resolution, jointly proposed by the party's women's and youth commissions, in relatively positive terms during a keynote speech Saturday, but stopped short of taking a clear stand.

The resolution, Trudeau said, challenges Liberals "to expand our idea of what it means to be a free citizen in a modern democracy" and "to reflect on giving terminally afflicted Canadians the choice to end their pain and suffering and plan their own death with dignity."

Voluntary, medically assisted death should be decriminalized, states the resolution — after a public consultation and an oversight system to protect the vulnerable. It passed by a show of hands after a brief debate. THE CANADIAN PRESS



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# Recovered. Documents detail lavish spending of Ukraine's ousted president

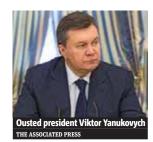
Cash: \$13 million. Decoration of a dining hall and tea room: over \$2.5 million. Statue of a wild boar: \$128,000. "A bribe": \$4,400.

These are some of the expenses detailed in financial documents found in President Viktor Yanukovych's abandoned residence, which was occupied by protesters after the leader fled the capital.

After Yanukovych's departure Friday, the estate was opened to visitors. Ukrainians, many bringing their children, rushed to tour the parks and reacted with wonder and revulsion at the opulence, including Yanukovych's private golf courses, pig farm and small zoo with ostriches and peacocks.

Meanwhile, journalists combed through heaps of documents that appeared to show a leader who basked in extravagant wealth while his country sought bailouts from both the West and Russia.

Many financial and other documents had been burned,



while others were dumped in a lake before Yanukovych fled his closely guarded residence, flying to the eastern city of Kharkiv, where his support base is strongest. But divers were able to retrieve many of the documents, and activists laid them out to dry.

Photos of the documents were posted online by Mustafa Nayem, a top Ukrainian investigative journalist for the Ukrainska Pravda website and Hromadske.tv online news channel. Other respected Ukrainian news outlets also reported on the documents. THE ASSOCIATED PRESS

# Ukraine faces uncertainty as opposition assumes power

**New government.** After deadly political standoff, president leaves Kyiv but refuses to step down

A top Ukrainian opposition figure assumed presidential powers in Kviv on Sunday.

ers in Kyiv on Sunday.

President Viktor Yanukovych called the move a coup and insisted he would not step down, but his whereabouts and grip on power are unclear after he left Kyiv Friday for his support base in eastern Ukraine.

Protest leaders and Yanukovych agreed Friday to form a new government and hold early elections. Parliament slashed the president's powers and voted to release his rival, former Prime Minister Yulia Tymoshenko, from prison.

By Saturday, protesters had taken over the capital of Kyiv and seized the president's office as parliament voted to remove him and hold new elections.

Tymoshenko, the blond-

braided and controversial heroine of Ukraine's 2004 Orange Revolution, spoke to an excited crowd of 50,000 in central Kyiv Saturday night from a wheelchair because of a back problem aggravated during her imprisonment.

On Sunday the parliament voted overwhelmingly to temporarily hand the president's powers to speaker Oleksandr Turchinov — one of Tymoshenko's most loyal allies.

The newly emboldened parliament struggled Sunday to work out who is in charge of the country and its ailing economy.

Fears percolated that some regions might try to break away as Ukraine is deeply divided between eastern regions that are largely pro-Russian and western areas that widely detest Yanukovych and long for closer ties with the European Union.

Yanukovych set off a wave of deadly protests by shelving an agreement with the EU in November.

THE ASSOCIATED PRESS



### Leaders call for democrac

U.S. President Barack Obama's national security adviser said that in a phone conversation with Russian President Vladimir Putin, the leaders agreed that a political settlement should ensure the country's unity.

 Meanwhile, former Soviet leader Mikhail Gorbachev said Sunday that the political crisis in Ukraine stems from its government's failure to act democratically.















# Fruits of labour felled as drought drags on

Alan Thompson of G&F Agri Service LLC looks at a tree as he manages a crew of heavy equipment operators that removed an almond orchard at Baker Farming Company in Firebaugh, Calif., earlier this month. The state's drought has forced farmers to remove some almond orchards earlier than they normally would because they don't expect to have enough irrigation water. Thompson said the drought hurting farmers has increased his business by about 75 per cent. SCOTT SMITH/THE ASSOCIATED PRESS

# An RRSP plan for every stage of life



HOW TO ROLL Alison Griffith: metronews.ca

In a perfect world there would be no either-or financial choices. You would have piles of disposable income available to funnel regularly into retirement and education savings, non-registered investments and debt payments.

Alas, the world isn't financially perfect. At this time of year there are multiple calls on every savings dollar. Here are three age-specific RRSP strategies.

### Under 45?

Contribute the maximum possible to an RRSP through automatic deposits. If you have children, use the an-

nual refund for education savings (RESP). If you are still short of \$2,500 annually per child (which attracts the maximum Canada Education Savings Grant of \$500 annually), review the household budget to free up more cash. Cutting five to 10 per cent of spending isn't usually too painful.

But if high-interest debt is hanging around, pay it down with the refund.

Those without children should devote the refund to debt.

## Over 45?

Focus on your future. There's still time to boost retirement savings but don't put it off any longer.

Increase RRSP savings even if that means chopping a vacation or reducing or stopping RESP contributions. Deposit any refund into an RRSP. However, if there is high interest debt eliminate it first, then channel extra money into retirement savings.

### **Over 60?**

Yes, there is still time to save. Don't borrow to contribute to an RRSP. It's too risky.

At this point, getting rid of personal and mortgage debt is critical. If you cannot increase payments, skip RRSP contributions until debt is manageable based on your expected (not current) post-retirement income.

Those with larger RRSP or other pension accounts should maximize TFSA deposits or save in a non-registered option for post-retirement flexibility and to reduce taxes.

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# 'Free' downloads could cost you big time

A Canadian Internet service provider has been ordered to hand over the names and addresses of about 2,000 customers who allegedly downloaded movies online.

A Federal Court decision released Thursday compels Ontario-based TekSavvy to identify the customers allegedly linked to downloads of films by the U.S. production company Voltage Pictures, which is behind the likes of The Hurt Locker, Dallas Buyers Club and Don Jon.

As a result, those TekSavvy customers could eventually receive a letter from Voltage threatening legal action. Under

the federal Copyright Act, statutory damages for non-commercial infringement range between \$100 and \$5,000.

"It's going to be up to the courts to decide what the appropriate penalty is," said Voltage's lawyer James Zibarras.

"Obviously the public has almost become accustomed to downloading movies for free and it's being done on a massive scale. And of course the public loves justifying what they're doing and when someone tries to stop it they invariably want to come up with arguments as to why it should not be stopped."

THE CANADIAN PRESS





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# **NO FIX IN SIGHT FOR CITY'S CABS**

Calgary's taxi system is broken.

That's abundantly clear after last week's meeting of the regulatory committee, made up of industry and city representatives and local drivers, which broke down into shouting, cussing and name-calling. It's a pretty apt state of affairs for a key part of our city's transportation system that seems anything but functional.

Calgary's cab czar Mark Halat is sticking to his guns on a proposal to force every single cab driver in the city to be on the clock and working downtown during peak hours. Meaning every Friday and Saturday night, Halloween, St. Patrick's Day, New Year's Eve, and all 10 nights of Stampede.

It's a pretty heavy sentence, considering there aren't too many other professions where your regulatory body flat out legislates you to a 10-day work week. The meeting took on a wild feel, with the head of Associated Cabs calling a driver on the panel a "mooch" and an "asshole" be-



**James Callsen** calgary@metronews.ca

fore being ejected.

Is this any way for our city's cab regulator to do business?

You hop into any cab and ask the driver what's wrong with the system, he'll tell you concisely that he's not being run off his feet with business, even at night.

No, the common refrain from the front line is that the dispatch system is fundamentally broken. Not enough phone operators and not enough calls getting to cab drivers when time counts, and more cabs on the streets won't make a lick of difference for anyone who isn't standing on a main drag and is unable to hail a cab.

Taking a cab home from your buddy's house in Tuscany after poker night? You could have an ar-

my of taxis on the streets, but if they don't know you need a ride, you're not going anywhere.

Heavy-handed forced-to-work policies could make the situation worse. Why can't the chief regulator order a

## From the drivers' mouths to your ears

The common refrain from the front line is that the dispatch system is fundamentally broken. Not enough phone operators and not enough calls getting to cab drivers when time counts.... Heavyhanded forced-to-work policies could make the situation worse.

study into the dispatch system, compare it with other big centres in North America and figure out a solution?

It feels like we're taking a sledgehammer to kill a fly at the moment, especially when it's clear that there are at least other factors to look at, aside from cabs on the street.

Unfortunately, we the people pay the price. There's no more clear evidence than nights getting ruined by waiting on a ride, more drunk drivers on the road and a regulatory body that's clearly dysfunctional.

**ZOOM** 

# Panda hangs out slide-side



IMAGINECHINA/REX

# Panda cub lives life on the edge

It's time for some panda playdown at Chimelong Safari Park in Guangzhou, southern

The six-month-old giant cub called Long Long seems to be freestyling with his very own version of toy-slide parkour.

These cute critters are known for their playtime antics with one YouTube video of sliding pandas reaching almost six million hits. METRO WORLD NEWS

# In danger

Experts estimate there are only 1,000 giant pandas living in the world, thanks to human destruction of their habitat in search of natural resources. The majority are found in China.

The creation of 14 new panda reserves in China brings the total number of facilities to 26.



Well, the Olympics are over and now we all have to turn back to old-fashioned ways to while away the hours. Here are a couple mobile games to help solve that problem.

## Threes:

After the abrupt demise of Flappy Bird, Threes is easily the current darling of the App Store. The gameplay, boiled down, consists of sliding boxes around your screen to create factors of three. Sounds terrible. right? Incorrect. Things can get quickly out of control as your actions force other blocks into shifting about the screen, laying waste to best-laid plans. Ugh. That still sounds weak. You just have to see it in action. It's the ultimate mobile game. (iOS/\$1.99)

## **Doctor Life:**

If Threes sounds a little hectic, this gentle hospital sim eases you into things with a basic tutorial on how to make your pocket clinic run smoothly. Diagnose patients, succeed at random challenges and expand your hospital to become the premier fake health-care institute in your fake community. (iOS/\$2.99)

**Hoplite:** 

A turn-based strategy game that tasks you with moving troops across a hex-based grid, battling any obstacles that try to put a damper on that march. The graphics couldn't be much more basic, but the randomly generated levels ensure infinite replay potential. (iOS/\$1.99)

@metropicks asked: What would you say to the mom who bought 19 'indecent' T-shirts after a store refused to remove them from display?

**@ctmwyn:** All the power to this move. I would even suggest returning the purchase at the same lo-

@Canucklehead\_ca: Overheard minutes later at store HQ: "They're FLYING OFF THE SHELVES there - send them a TRIPLE orders ASAP!!!"

@SteveDodd: Next stop for her:

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12 SCENE metronews.ca Monday, February 2

### E-books



# Brian Cox's Wonders Of Life

By. Brian Cox

iPad



MIND THE APP Kris Abel @RealKrisAbel

It's like falling down Alice's rabbit hole by way of Google maps. This companion book for the BBC TV series (now playing on TVO, and on the video player at ww3.tvo.org/video) beautifully envelopes its scrolling pages within immersive animation and video layers revealing the physics of monarch butterflies, robber crabs, and bentwing bats amongst others. Cox's journey contemplates these underlying processes as exquisite insights into life itself

# Box office

# Lego holds strong lead at the box office

The Lego Movie continues to lead at the box office in its third weekend, besting 3 Days to Kill and Pompeii on their opening weekends. The film earned \$31.5 million US, according to studio estimates Sunday.

THE ASSOCIATED PRESS

# Taking on a task of biblical proportions



Son of God. The man behind Survivor and The Apprentice takes a leap of faith with a project that's personal

STEVE GOW

scene@metronews.

He may have helped create television hits like The Apprentice and Survivor but Mark Burnett hates the term reality TV. Instead, he prefers to call his work non-fiction storytelling. Now marking his big-screen debut with Son of God — in theatres next Friday — the question is how does the famed producer describe an epic movie about legue (Phrist?)

"This is just a full-on feature film for the big-screen. It just happens to be a true story," explained Burnett during a recent interview with his wife and coproducer Roma Downey in Toronto. "With us, it is our faith."

The story of Jesus has certainly proved its endurance upon western culture, noted by Burnett in the multitudes of multi-generational art and movies that have been made about Jesus.

In particular, the devout coproducing pair felt responsible to ensure the miraculous story measured up to the rest of pop culture's productions.

"Somehow every decade, (old Bible stories) come back on, and they beat current programming," said Burnett who points out that his successful History Channel mini-series The Bible (on which much of

Son of God was based) helped prove the power of faith-based entertainment.

"Clearly the Holy Spirit translates."

Burnett may have brought extensive productions like Survivor to air, but he and Downey knew taking on the narrative of Jesus of Nazareth was going to be an especially enormous task. What the duo perhaps didn't anticipate was the emotional attachment to making a project like Son of God.

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different," admitted Downey.

"This isn't just bringing the best of us. This is infusing not just what we do so it resonates through everything. It's deeper than everything. It's more meaningful."

### **Behind the scenes**

- Tough shoots. "The most challenging to film was the crucifixion sequence," admitted Roma Downey. "Even though we were just recreating it, the brutality of it, the inhumanity of it, the suffering of it (was) so upsetting for everybody."
- The supporting cast.
   "Nobody's presented
   as perfect people. (The
   Disciples) didn't know
   they were in the Bible.
   They were just real
   people living their lives in
   enormously challenging
   circumstances and very
   dangerous times, looking
   for hope," says Downey.



metronews.ca
Monday, February 24, 2014

DISH
1



# With an ocean between them, Kate Hudson and British beau drifting apart

Despite being engaged for nearly three years and sharing a two-year-old son, Kate Hudson and fiancé Matt Bellamy might be headed for a split, according to the New York Daily News. "Matt is pretty down-to-earth and happy in England, while Kate is very L.A.-focused," a source says. "They are leading separate lives. It hasn't been working out the way they planned and they've been trying very hard for the sake of their son." While a rep for Hudson denies the rumours of trouble, she and Bellamy have not been spotted together in months.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

# Pop goes the week

# Stevie Nicks pens Game of Thrones fanfic



STARGAZING Malene Arpe scene@metronews.ca

Stevie Nicks says that she's a huge fan of Game of Thrones and has written a poem about each of the characters. Suddenly I feel less proud about my own Jamie Lannister and Hound fan fiction.

The president of Clowns of America International says that the world is facing a clown shortage because young people just aren't that interested in becom-



ing clowns. "That's clearly not true," said reps for Shia LaBeouf and Justin Bieber.

A Miley Cyrus fan throws a thong on stage during a Tacoma show and Miley puts it in her mouth. That's disgusting and could lead to the spread of disease, but we're happy to report that the thong is OK.



# Lupita Nyong'o calls Jared Leto dating rumour 'crazy'

She's still fairly new on the scene, but 12 Years a Slave star Lupita Nyong'o is sure getting the hang of this fame thing. She's even laughing off her first tabloid rumour: that she and fellow Oscarnominee Jared Leto are dating. "But I thought Miley

Cyrus broke us up. That was the last thing I heard," Nyong'o joked to Ellen De-Generes during an interview. "It's crazy because when I read these rumours, I mean, they're so detailed that even I start to question if they're true or not."

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# Burn money now, shiver later

made, and there have been

over 180 episodes, I have never

worked with anyone who didn't

have to change their lifestyle to

change their outcome. If you

could just keep doing the same

old, same old, without creat-

ing problems and wreaking

havoc on your family's peace

of mind, then nobody would

be talking about it. And we cer-

tainly would not have needed

to adapt the term "burn rate"

to describe our rabid spending.

And it's not going to go away

until we admit that we've made

some mistakes and commit to

takes determination and gump-

tion. People can live within

their means; it takes planning

doing things differently.

So, there is a big problem.

People can get out of debt; it

# Take it to the bank.

Spend five bucks for coffee and snacks today or stash the cash for 75 grand in 30 years



GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

Have you ever heard the term "burn rate?" It refers to how fast you burn through your money.

It's a term borrowed from the corporate world that refers to the rate at which a new company uses up its venture capital to finance overhead before generating a profit.

As consumers, we are whipping through our money at such a clip that we need a new term to describe our total lack of self-control and inability to see the future consequences.

Nobody has been paying much attention to the idea of cash management in the last... well... EVER. In fact, most people who talk about financial planning don't even bring up the idea of cash management.

What is cash management? It's exactly what it sounds like. It's the management of your cash on a day-to-day basis. It's what I focus on when I work with people to get them back in touch with their money and keep them focused on managing it so it doesn't run out

ing it so it doesn't run out.

Cash management has traditionally been the domain of bankers, but bankers are doing such a crappy job of



dealing with this area of their customers' financial planning that some investment houses jumped on the bandwagon a while back. It was short-lived.

Too bad. No doubt their initial enthusiasm spoke to the lack of investing that's resulting because of all that debt out there. After all, if your credit cards, lines of credit, car loans - however it is you've chosen to borrow - are now eating up \$300, \$500 or \$700 a month in interest, how could you possibly have money to invest? Of course, the investment houses didn't do a much better job of this whole cash management thing than the banks do. Sigh. Sometimes I feel like a lone voice in the wilderness.

In all the TV shows I've

If you've of charge, w

If you've decided to take charge, why not calculate your burn rate? It'll take about a week, and here's how you do it:

- 1. Make yourself up a tracking sheet. Put the days of the week across the top and some typical categories down the left-hand side. Include stuff like coffee, snacks, lunch, cigs, gas, magazines, newspapers, ... everything on which you spend money in a day.
- 2. Leave lots of blanks on the left because you'll be amazed at what you'll add when you see all the places where you're spending money.
- 3. As you go through your week, write down what you're spending. You're going to add it up, so there should be a column on the far right for Total Spent for the week for each category you've included on your worksheet.
- 4. Identify the point at which you spent \$100 on non-essentials. That's your burn rate. Did it take you a whole week? Five days? Less than three days? What were your biggest areas of weakness? Eating out? Kids or grands? Bad habits?
- Are you surprised at what you're spending?

and discipline. People can be happy NOT spending money; it takes having a real life.

Do you want to blithely shop yourself into the financial dumper, or do you want to become fully conscious of how you're using your money so that you can make it work for you? Wouldn't it be nice to not have to work any harder than absolutely necessary to have the life you want?

While small savings may seem inconsequential compared to the pleasure you derive from spending the money, that's a very shortsighted approach to using money as a tool. Sure, \$5 a day on coffee and snacks may not add up to a whole helluva lot in five or 10 years, but the more than

\$75,000 you have after 30 years (assuming just a two per cent return) is much better than the alternative: zilch. Manage even one per cent more in return over the 30 years and you'll have almost \$90,000. That'll go a long way to making your life more comfortable in the future.

Still not convinced? Well, since the average Canadian receives about the same from Old Age Security and the Canada Pension Plan, you can look forward to an income of about \$12,000 a year if you don't take some steps today. Imagine living on \$12,000 a year right now. Did you just shiver?

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METRO CUSTOM PUBLISHING

# Tax Talk



Need Advice? Caroline Battista Tax Analyst at H&R Block

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# Family Finances: Common-Law Taxes and Childcare

Our childcare receipts are in my husband's name. How do I claim them?

It depends. Childcare expenses have to be claimed by the lower-income spouse—with a few exceptions. Unless one of the exceptions applies to you, the lower-income spouse gets the deduction. So it doesn't matter whose name is on

the receipt; it is based on income. Make sure you keep all the receipts with your tax files. Childcare expenses can add up to big tax savings but they are also one of the most commonly reviewed claims. If you don't have receipts, the CRA can deny your claim.

Q I

My partner and I have been living together for 12 months but keep our finances separate. Do we have to claim common-law?

Yes. The CRA has specific rules and they do not involve how you manage your bank accounts. If you have lived together for 12 continuous months, you are common-law for tax purposes. If you have a child together, you are common-law as soon as you move in together. Claiming common-law does not mean you pay more tax, but benefits like the GST/HST will be calculated based on household income. Both of you still file your own return but you can pool medical and charitable donation receipts to maximize your savings.

# Add a few unique strides to your step and walk off the winter woes

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the **Atacama Crossing in Chile** in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT

I started training for the Gobi March just before the 2008 holidays and six weeks in, I had created new habits that were nourishing me mentally and paying off physically. Then, February arrived with



its shorter, sunless days and cold temperatures and I continued running outside in the leafless frozen forest.

All around me the blahs were in full motion. I was tired, too cold and felt I couldn't keep my New Year's resolution. Soon enough, I started thinking about pulling out of my own Gobi

I realized I had grown completely bored of my training routine.

I decided to turn everything upside down, hoping for a kick of new energy: I sold my car and started using transit for the first time in 25 years and once on the subway, I would race walk strangers on the escalators just to amuse myself. I stopped

using elevators and walked up to my meetings. I got rid of my chair at work and started working standing, which changed the dynamics of my internal meetings to be stand-up meetings only.

I changed my running routine and mixed it up with other peripheral activities, usually tethered to an MP3 player with uplifting music. When March arrived, I was again carrying momentum; I had escaped the February

This year's record cold is affecting many people — so if it's getting to you, you're not alone. Just consider changing things up a little. STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

**ACCOUNTING** 

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BUSINESS

# Trade in cooing for a little conversation

Talk time. Research shows that speaking to children early on makes a big scholastic difference — and long sentences are A-OK

The sooner you start explaining the world to your baby, the bet-

That doesn't mean flash cards for tots, or merely pointing out objects: "Here's an orange. That's a bowl.'

New research shows that both how much and how well parents talk with babies and toddlers help to tune the youngsters' brains in ways that build crucial language and vocabulary skills - a key to fighting the infamous "word gap" that puts poor children at a disadvantage at an even younger age than once thought.

The idea is to connect words and meaning, so the brain becomes primed to learn through context: "Let's put the orange in this bowl with the banana and the apple and the grapes."

"You're building intelli-gence through language," is how Stanford University psychology professor Anne Fernald explains it. "It's making nets of meaning that then will help the child learn new words.

And forget dumbed-down baby talk: Longer, more complex sentences are better.



word "kitty," and his brain recognizes it quickly enou figure out what "bench" means by the context. But if he's slow to recogn "kitty," then "bench" flies by before he has a chance to learn it. ISTOCK

## Not-so-useless chatter

"Children can hear lots of talk that goes over their head in terms of the meaning, and they still benefit from it."

Psychology professor at Florida Atlantic University

"The advice I give mothers is to have conversations with your babies," said Erika Hoff, a psychology professor at Florida Atlantic University. "Children can hear lots of talk that goes over their head in terms of the meaning, and they still benefit

The research, presented at a

meeting of the American Association for the Advancement of Science, comes amid a growing push for universal preschool, to help disadvantaged youngsters catch up.

But it also begs the question of whether children from lowincome, less educated families need earlier intervention, such as preschool that starts at age three instead of four, or higher quality day care or even some sort of "Let's Talk" campaign aimed at new parents to stress talking, singing and reading with tots even before they can respond. That can be difficult for parents working multiple jobs, or who may not read well or who simply don't know why it's important.

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# Herbivores, rejoice! Chili goes vegetarian with a double hit of meatless protein



Chili has to be one of the most versatile, healthy and easy foods to prepare during the winter.

Since vegetarianism is on the rise, you can use ground soy to replace the beef protein that is traditionally used in chilis. The addition of quinoa makes this a complete meal. You have a double hit of protein with the soy and quinoa. If you are not a vegetarian, you can substitute the soy for ground chicken, turkey, pork or beef.

Also, any variety of beans

# **FLASH FOOL**



From your fridge to your table in 30 minutes or less work well. Canned beans versus home cooked beans have excess sodium. One cup (250 ml) has 900 mg of sodium, while home-cooked beans have none.

To reduce the sodium by one-third, rinse the canned beans three times. To cook your own beans, use the quick-soak method. This entails bringing the dry beans and water to a boil, then covering and boiling for one minute. Remove the covered pot and let sit for one hour. Drain, and add cold water to cover the beans and simmer, covered for 20 minutes or just until beans are cooked.

Serve the chili in a large serving bowl and place the accompaniments in small bowls so your guests can serve themselves.

## **Directions**

1. Lightly coat a large saucepan with cooking spray, add the oil and set over medium heat. Add

### Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp chopped garlic
- 1 lb of ground soy
- 2 tsp chili powder (or to taste)
- 1 1/2 tsp dried basil
- 1 tsp dried oregano1/4 cup quinoa
- 2 1/2 cups homemade or store-bought tomato sauce
- 1 1/2 cup low-sodium vegetable stock
- 1 19 oz can red kidney beans, drained and rinsed
- 1/4 cup reduced-fat sour cream
  1/4 cup shredded aged ched-
- dar cheese
   1/4 cup chopped green onions
- 1/4 cup chopped fresh basil or parsley

the onion and garlic and sauté for 3 minutes. Add the soy, chili powder, basil and oregano and



sauté for another 5 minutes.

**2.** Add quinoa, tomato sauce, stock and kidney beans. Cover

and simmer for 15 minutes or until the quinoa is tender.

3. Serve in bowls and garnish

with the sour cream, cheddar cheese, green onions and basil. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN



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metr⊕ **MONEY 101** metronews.ca Monday, February 24, 2014

Money 101. Two couples, one year to make them richer

# The financial mission continues

In January, I introduced you to two couples on a mission to improve their finances. Throughout 2014, I will be digging into the details of each couple's money matters and offering advice to make them wealthier in less than 12 months. Since their financial debut one month ago, Anne-Marie and Peter and Carolina and Jose, have been making tremendous progress on their financial homework assignments. – Lesley-Anne Scorgie/For Metro

## e-Marie & Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Net worth (January 2014): \$66,000
- Life stage: Expecting their first child in June 2014
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Simplify their budget, determine the value of home they can afford and research Anne-Marie's pension plan.







### Carolina & Jose recap

- · Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-athome mom and roofing
- Total household income: \$55,000
- Net worth (January 2014): -\$32,500
- Life stage: Three daughters aged five, two and eight months
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Put together their very first budget using a free budget template and budgeting resources. And determine the value of a home they can afford.

# Anne-Marie and Peter



LESLEY-ANNE **SCORGIE** 

Anne-Marie and Peter set out on a mission to simplify their current budget and find ways to cut back and save. They examined everything from the interest rates on their MBNA credit cards - both of which have introductory rates less than prime, which is super low — to their Internet and cable bills, and monthly gym membership. They also took another look at the money they currently set aside for

As the couple prepares to welcome their first child, they are conscious about planning ahead for when Anne-Marie's income is reduced while she is on maternity leave.

Their current budgeting game plan is to tighten up their expenses through some frugal best practices and use that money to pay off as much debt as possible and prepare a mock maternity budget. Anne-Marie and Peter expect they will have to reduce the amount of money they typically allocate toward their debt reduction once the baby

Also weighing on their minds is the couple's hope to begin saving for a down payment to buy a home while continuing their retirement savings plans.

Anne-Marie and Peter sat down with a mortgage broker and determined that, with a 10 per cent down payment in hand, they would be able to comfortably afford to buy a home valued at up to \$450,000.

## THEIR HOMEWORK

As part of their homework for next month, Anne-Marie and Peter plan to open tax-free savings accounts (TFSA). Similar to their existing RRSPs, TFSAs are great tools to save for retirement and for a down payment because the money the couple contributes to their TFSAs grows tax-free.

TFSAs are also great when it comes to saving for what-if expenses, which have a way of popping up when children arrive. Once their accounts are

set up, we plan to review their budget and carve off money to put toward saving for their down payment.

Turning back to retirement planning, Anne-Marie has the opportunity to continue her pension savings while on maternity leave and has elected to do so. As RRSP contributions are due March 3, to count toward the 2013 tax year, Anne-Marie and Peter are also planning on making a contribution of between \$300 and \$500 each on their RRSPs.

Wondering how stuffing money into an RRSP helps achieve primary goals of debt reduction? The link is simple: An RRSP contribution now will reduce their taxes, and in Anne-Marie and Peter's case, will most likely result in a refund during tax time, which can then be applied to the couple's debts.

Also on their to-do list before March is to sit down with a professional tax adviser and myself to prepare for, and optimize, their tax benefits.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR

# Carolina and Jose

Between managing an incredibly busy household and working long hours in the roofing business, Carolina and Jose met with me earlier this month to establish their very

first budget.
We documented their sources of income, primarily Jose's full-time job and child tax benefits totalling a little more than \$3,600 after taxes. We then carefully examined their expenses.

Besides paying \$1,600 in rent to Jose's parents each month, the couple's second largest expense is their grocery bill, which is approximately \$600 each month, followed by their car payment, insurance and fuel totalling \$550 per month. Debt repayment, school fees, medical expenses, cellphone and utility bills account for the remaining portion of their budget.

Thankfully, the couple is incredibly frugal and relatively debt averse, so they manage to pay for their household expenses using cash from their bank account while avoiding racking up their credit card.

With a little investigation

and firm negotiation, Jose was able to reduce their cellphone and insurance bills, resulting in savings of \$100 each month.

Carolina set out to further reduce their monthly grocery expenses by at least \$50 through pre-planning, couponing and buying bulk items.

# THEIR HOMEWORK

With those savings, the couple has decided to focus two-thirds on paying down their debts and one-third on beginning a small savings plan, which could be used toward an eventual down payment on a home. Between this month and next, Jose and Carolina will also open their first RRSPs and tax-free savings accounts.

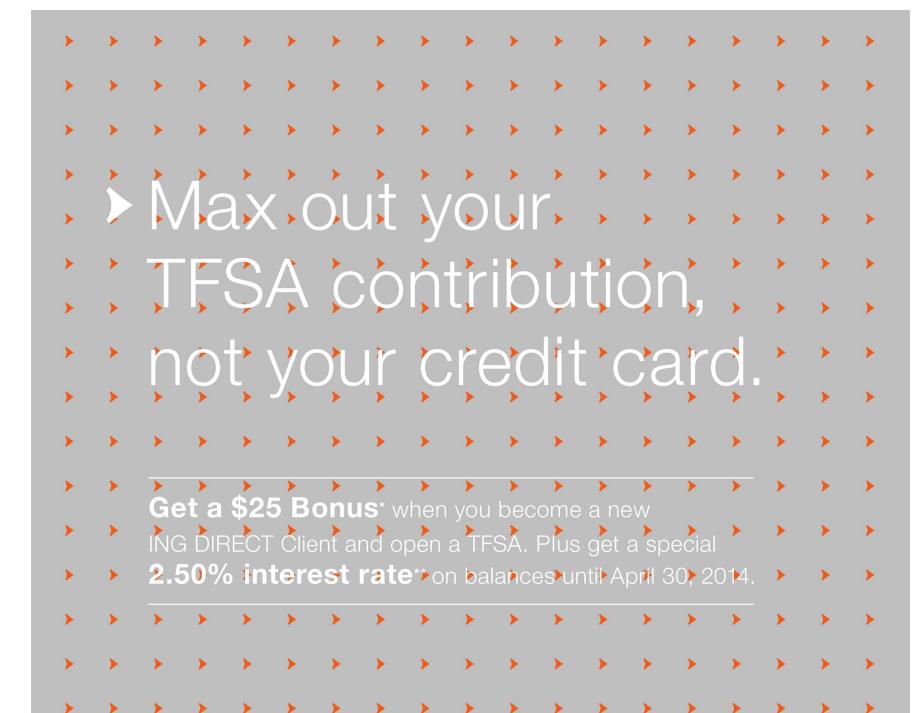
Carolina and Jose are committed to sticking to a budget by carefully tracking their expenses. Using an accordion file folder, the couple plans to keep track of all receipts and reconcile those with their budget every three days to ensure they are keeping on track.

Two other important topics came up in my conversation with Jose and Carolina. The first was their strong desire to make progress toward ridding themselves of debt.

So to make a sizable dent in it, I have challenged the couple to raise \$500 by selling some of their possessions through an online classified ad website. That money will be enough to pay off Jose's lingering student loan. My second challenge to Jose was to start the process of exploring opportunities to find a higher-paying job.

The second important topic that surfaced was Carolina's "mommy guilt." Carolina never spends money on herself, not even treating herself to a fancy coffee once in a while. Instead, she forfeits small indulgences for her children and husband. I have encouraged Carolina to reward herself, guilt-free, in small ways from time to time. This will be helpful for her mental health and her marriage.

This coming month, Jose and Carolina will receive professional tax advice to ensure they are taking advantage of every opportunity to cut their



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20 SPORTS metronews.ca Monday, February 24, 2014

# Golden sunrise

Transcendent team effort. Men's hockey team successfully defends gold as sun sets on Sochi Games

As Team Canada prepared to go on to the ice for the third period against Sweden, 20 minutes from an Olympic gold medal that felt inevitable, Ryan Getzlaf was loose enough to poke some fun at coach Mike Babcock.

"He said: 'It's all about the ball hockey, guys. It's all about the ball hockey," Babcock recalled.

The journey started with ball hockey at the team's Olympic orientation camp in August, and it ended Sunday with a gold medal. For the past six months, from executive director Steve Yzerman to Babcock to the players, there was a businesslike approach to defending the gold medal, and in Sochi the result was a Canadian team that steamrolled its competition.

"We had a gold medal summer camp, we had a gold medal selection process." Babcock said. "All that does is give you a chance, and anybody who's been at these Olympic Games knows how hard it is — basic-

COMM SOLH SOLA

Jonathan Toews celebrates his goal in the gold-medal game against Sweden on Sunday, his first of the Olympic men's hockey tournament. HARRY HOW/GETTY IMAGES

ally impossible — to win. And for us to be able to execute on the biggest stage and play the way we did and there was a lot of complaints early we didn't score. I thought we were dominant."

Canada never trailed, and there was not one second this team looked like it was in danger of losing.

Jeff Carter called what Canada was able to do for six games a "defensive clinic." Three goals allowed, including none in the final two games, makes that an understatement.

Beating Sweden 3-0 Sunday exemplified everything Canada did right. The Swedes couldn't generate anything because as defenceman Alex Pietrangelo said — other teams can't score if they don't have the puck.

Swedish coach Par Marts found that out first-hand.

"Canada was much, much better this day," Marts said. "I think they played at a higher tempo, kind of frustration in this team."

It was never about who Canada was playing and always about what Babcock and his players wanted to do. Yzerman looked back over the past 40 years of Olympic, World Cup and Canada Cup teams and couldn't think of another group that dictated the play to opponents more than this one.

"As far as defensively, pucks staying out of the net, quality scoring chances, shots on goal, it was a pretty dominant performance by these guys," Yzerman said.

The Canadians' organized, fundamental style made them unbeatable.

"It is amazing to see the

guys that have the raw talent and ability to commit themselves to doing all the little things right," said Jonathan Toews, who scored the winner against Sweden. "We knew that's what it was going to take in this tournament to win the championship. And guys were willing to do that. So I would say it's a great team to be a part of and unlike any other team I've really been a part of."

This was unlike any other Canadian team at least since NHL players began participating in 1998. This wasn't about 17 total goals over six games or who scored them — it was about doing what it took to win.

THE CANADIAN PRESS

### Stevie, why?

Steve Yzerman won't be going for a third Olympic gold medal.

- Team Canada's executive director says he will not lead the team into the 2018 Olympics in Pyeongchang, South Korea.
- He leaves his post after leading Canada to back-to-back gold medals for the first time since 1948 and 1952.

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SPORTS 21



# \$ochi 2014 bids a warm, fuzzy adieu

# **Winter Olympics.**

Russia hails legacy of most expensive Games at closing ceremonies

Flushed with pride after a spectacular showing at the costliest Olympics ever, Russia celebrated 17 days of sport-driven global unity on Sunday night with a farewell show that hands off the Winter Games to their next host, Pyeongchang in South Korea.

Fireworks and a countdown kicked off the closing ceremony in the Fisht Olympic Stadium, packed with raucous spectators who chanted "Russia!, Russia!" and were in a party mood after the high-security games passed off safely without feared terror attacks.

The closing ceremony, a farewell from Russia with love, pageantry and protocol, started at 20:14 local time — a nod to the year that Russian President Vladimir Putin seized upon to remake Russia's image with the Olympics' power to wow.

The nation's \$51 billion U.S. investment even topped Beijing's estimated \$40 bil-

lion layout for the 2008 Summer Games. All-new facilities showcased how far Russia has come in the two decades since it turned its back on communism. But the Olympic show didn't win over critics of Russia's backsliding on democracy and human rights and institutionalized intolerance of gays. The associated press

# High praise

# "It's amazing what has happened here"

**IOC President Thomas Bach** congratulates Russia for a job well done in Sochi

# Doping cases

# IOC chief taking positive outlook

Despite the disclosure of a fifth doping case on the final

day of the Sochi Winter Olympics, IOC President Thomas Bach cited the positive tests as the sign of success.

During the course of the Games, Bach said more than 2,631 samples were analyzed.

None of the athletes thrown out of the games for doping won medals, and four of the five tested positive for minor stimulants that can be found in food supplements.

THE ASSOCIATED PRESS

# **MEDALS**

Nation	G	s	В	Total
Russia	13	11	9	33
United States	9	7	12	28
Norway	11	5	10	26
Canada	10	10	5	25
Netherlands	8	7	9	24
Germany	8	6	5	19
Austria	4	8	5	17
France	4	4	7	15
Sweden	2	7	6	15
Switzerland	6	3	2	11
China	3	4	2	9
South Korea	3	3	2	8
Czech Republic		4	2	8
Slovenia	2	2	4	8
Japan	1	4	3	8
Italy	0	2	6	8
Belarus	5	0	1	6
Poland	4	1	1	6
Finland	1	3	1	5
Britain	1	1	2	4
Latvia	0	2	2	4
Australia	0	2	1	3
Ukraine	1	0	1	2
Slovakia	1	0	0	1
Croatia	0	1	0	1
Kazakhstan	0	0	1	1

# WHAT CANADA DID

# **SUNDAY**

BOBSLEIGH

Men's fours — Canada 1 (Lyndon Rush (pilot), Humboldt, Sask; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton) placed ninth overall with a combined time of three minutes 41.76 seconds after four runs; Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; and Bryan Barnett, Edmonton) finished 13th (3:42.84); Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; and Graeme Rinholm, Medicine Hat, Alta.), 30th (2:50.80) - did not qualify for fourth run.

### CROSS-COUNTRY SKIING

Men's 50-kilometre freestyle (mass start) — Alex Harvey, St-Ferreol-les-Neiges, Que., 19th overall in one hour 47 minutes 40.9 seconds; Ivan Babikov, Canmore, Alta., 20th (1:47:41.8); Graeme Killick, Fort McMurray, Alta., 28 (1:48:22.4); Jesse Cockney, Canmore, Alta., 56 (1:59:16.6)

### HOCKEY

Men — Carey Price stopped all 24 shots he faced and Jonathan Toews scored the eventual winner as Canada successfully defended their Olympic title with a 3-0 win over Sweden in the gold-medal game.

### **CLOSING CEREMONIES**

Flag bearers — Bobsledders Kaillie Humphries, Calgary, and Heather Moyse, Summerside, P.E.I., who won the gold medal in the women's event for the second time in as many games, were given the honour.

### FINAL RANKING

Canada finished with 10 gold, 10 silver and five bronze, which placed them fourth overall in total medals and third-most in the gold tally (Russia led with 33 and 13, respectively).

### HOCKEY

MEN Sunday's result GOLD MEDAL Canada 3 Sweden 0 Saturday's result BRONZE MEDAL Finland 5 United States 0

# **CANADA 3, SWEDEN 0**

First Period

1. Canada, Toews 1 (Carter, Weber) 12:55 **Penalties** — Jo. Ericsson Swe (holding) 16:55, Kunitz Cda (high-sticking) 19:47.

Second Period

2. Canada, Crosby 1, 15:43

Penalties — Silfverberg Swe (delay of game) 5:46, Berglund Swe (boarding) 19:20. Third Period

3. Canada, Kunitz 1, 9:04

Penalty — Perry Cda (tripping) 10:12.

 Shots on goal by

 Canada
 12
 11
 13-36

 Sweden
 11
 9
 4-24

 Goal - Canada: Price (W, 5-0-0);
 Sweden:

Lundqvist (L, 5-1-0). Power plays (goals-chances) — Canada: 0-3; Sweden: 0-2. Referees — Brad Meier, United States; Kelly Sutherland, Canada. Linesmen — Derek Amell, Canada; Greg Devorski, Canada; Mikhail Buturlin, Russia; Roman Gofman, Russia. Attendance — 11.076 at Sochi, Russia.

### BOBSLEIGH

At Krasnaya Polyana, Russia MEN'S FOURS

### (final rankings after four runs)

1. Russia I (Alexander Zubkov, Alexey Negodaylo, Dmitry Trunenkov, Alexey Voevoda), three minutes 40.60 seconds; 2. Latvia I (Oskars Melbardis, Daumants Dreiskens, Arvis Vilkaste, Janis Strenga), 340.69, 3. United States I (Steven Holcomb, Curt Tomasevicz, Steve Langton, Chris Fogt), 340.99; 4. Russia 2 (Alexander Kasjanov, Ilvir Huzin, Maxim Belugin, Aleksei Pushkarev), 341.10; 5. Britain I (John James Jackson, Stuart Benson, Bruce Tasker, Joel Fearon), 341.10.

6. Germany 1 (Maximilian Arndt, Marko Huebenbecker, Alexander Roediger, Martin Putze), 3:41.42; 7. Germany 2 (Thomas Florschuetz, Joshua Bluhm, Kevin Kuske, Christian Poser), 3:41.51; 8. Switzerland 1 (Beat Heft, Alex Baumann, Juerg Egger, Thomas Lamparter), 3:41.75; 9. Canada 1 (Lyndo Rush, Humboldt, Sask; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton), 3:41.76; 10. Germany 3 (Francesco Friedrich, Jannis Baecker, Gregor Bermbach, Thorsten Margis), 3:41.80.

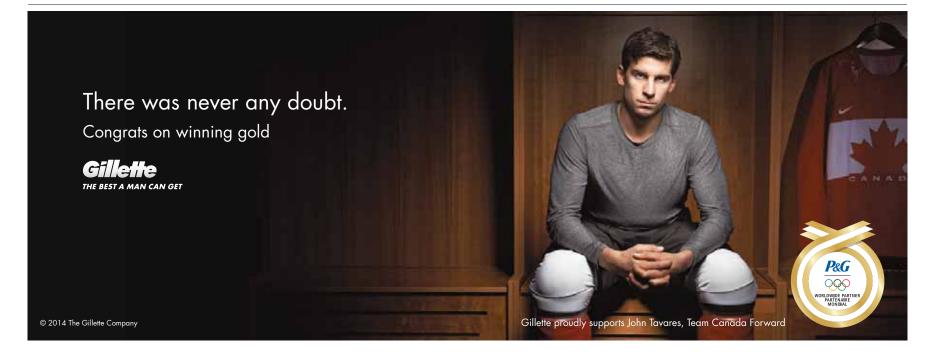
Also — 13. Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; Bryan Barnett, Edmonton), 3:42.84; Did Not Qualify For Fourth Run — 30. Canada 3 (Ustin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; Graeme Rinholm, Medicine Hat. Alta.). 2:50.80.

### CROSS-COUNTRY SKIING At Krasnaya Polyana, Russsia MEN'S 50-KILOMETRE FREESTYLE

(MASS START)

1. Alexander Legkov, Russia, one hour 46 minutes 55.2 seconds; 2. Maxim Vylegzhanin, Russia, 1:46:55.9; 3. Ilia Chernousov, Russia, 1:46:56.0; 4. Martin Johnsrud Sundby, Norway, 1:46:56.2; 5. Sergei Dolidovich, Belarus, 1:47:09.5; 6. Robin Duvillard, France, 1:47:10.1; 7. Anders Soedergren, 5weden, 1:47:13.0; 8. Daniel Richardsson, 5weden, 1:47:13.6; 9. Johan Olsson, 1:47:13.0; 9. Johan Olsson, 1:48:13.8; 9. Johan Olsson, 1:48:13.8;

5. Robin Duvillard, France, 147:10.1; 7. Anders Soedergren, Sweden, 1:47:13.0; 8. Daniel Richardsson, Sweden, 1:47:19.6; 9. Johan Olsson, Sweden, 1:47:27.3; 10. livo Niskanen, Finland, 1:47:27.5. Canadians — 19. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:47:40.9; 20. Ivan Babikov, Cammore, Alta., 147:41.8; 28. Graeme Killick, Fort McMurray, Alta., 1:48:22.4; 56. Jesse Cockney, Cammore, Alta., 1:59:16.6.





# Canada's game

The Canadian men's hockey team put an emphatic exclamation mark on the country's domination by downing Sweden 3-0 to successfully defend its gold medal. Canada went 6-0 through the tournament and surrendered just three goals over that span. Goaltender Carey Price finished by registering consecutive shutouts over the U.S. and Sweden. The national women's team also went undefeated in its event but rallied from a 2-0 deficit for a thrilling 3-2 overtime victory over the U.S. to capture a fourth straight Olympic gold medal.



# of Canada's top Sochi highlights

THE CANADIAN PRESS

# Olympic spirit

Long track speedskater Denny Morrison of Fort St. John, B.C., gave Canadians plenty to cheer about after claiming a silver medal in the 1,000-metre event. But Morrison got to skate in the final only after teammate Gilmore Junio gave up his spot in the event in an act of selflessness. Then, during the men's cross-country ski free sprint, Canadian coach Justin Wadsworth noticed Russian competitor Anton Gafarov was trying to compete despite having a broken ski. So Wadsworth grabbed a spare he'd brought for Canadian team member Alex Harvey, raced on to the course and replaced Gafarov's ski.



# **Rock stars**

Canada swept the Olympic curling gold medals for the first time. Winnipeg's Jennifer Jones dominated the women's event, capping an impressive 11-0 run by downing

Sweden 6-3 in the final. Jones earned Canada its second women's curling gold but first since the late Sandra Schmirler emerged victorious at the first women's event in 1998 in Nagano, Japan. On the men's side, Brad Jacobs and his Sault Ste. Marie, Ont., teammates opened the tournament losing two of their first three games, then didn't lose again en route to winning the gold medal, needing eight ends to down Britain 9-3 in the final.

# Air superiority

A lot was expected these Games of Canada's high-flying freestyle ski team, and the squad certainly delivered as it accounted for nine of Canada's 25 medals. Freestyle competitors claimed six of the first nine medals that put the Canadian team atop the overall standings following the fourth day of competition. On four separate occasions Canadian freestyle athletes secured two medals in the came event including in respective.



# Title defence

Much has been made of Canada's hockey teams and the men's curling squad successfully defending their Olympic titles. But so too did Alex Bilodeau of Rosemere, Que., in the men's moguls, as well as Kaillie Humphries of Calgary and Heather Moyse of Summerside, P.E.I., in the women's bobsled event. In fact, Humphries and Moyse were named Canada's flagbearers for the closing

ceremonies



# Veteran boarder Anderson faces early exit with grace

Jasey-Jay Anderson could've found consolation knowing he was eliminated from the Olympic men's snowboard parallel slalom by the eventual silver medallist.

Then again, the 38-year-old veteran has too much experience and class to not take responsibility for his own performances.

Anderson, the 2010 Olympic champion in the event, faced Slovenian Zan Kosir in the round of 16. Kosir defeated the Canadian to qualify for the quarter-final and

# **Humble Canuck**

"Yes, I caught up with him, but he waited for me. He slowed down." Jasey-Jay Anderson on Slovenian competitor Zan Kosir

eventually captured the silver medal behind Russian Vic Wild.

Anderson, of Mont-Tremblant, Que., had to settle for a 15th-place finish in the overall standings.

"I know Zan, he has another gear," Anderson said. "If he sees that I am next to him,

he puts his foot on the gas a bit and takes back a lead of a tenth of a second or two."

Wild earned the gold after finishing 0.11 seconds ahead of Kosir. Wild became the first athlete to win two gold medals in snowboarding at the same Winter Games after capturing the parallel giant slalom Wednesday.

Wild began with a victory in the fourth round over Michael Lambert, the only other Canadian to reach that stage of the competition.

Austria's Benjamin Karl took the bronze medal.

The other Canadian in contention, Matthew Morison, was eliminated in the qualifying stage. The three Canadians in the women's competition—Ariane Lavigne, Caroline Calvé and Marianne Leeson—suffered the same fate.

THE CANADIAN PRESS



Jasey-Jay Anderson competes in the men's parallel slalom at Rosa Khutor Extreme Park on Saturday in Sochi. MIKE EHRMANN/GETTY IMAGES

See today's answers at metronews.ca/answers.

# T Aries

# March 21 - April 20

Although you should be feeling good about yourself as the new week begins, you are advised not to go over the top in any way or the consequences could be painful.

# **Taurus** April 21 - May 21

Fantasy and reality sometimes gets blurred and there is a danger you could cross that line and do something foolish today. If you do make a mistake, make sure you learn the lesson it has for you.

# **∐** Gemini May 22 - June 21

If you want to move up in the world it won't be long before an opportunity to do so comes along. While you're waiting, try getting your health and fitness routine in better shape.

# Gancer June 22 - July 23

What happens over the next few days will introduce you to news ways of making sense of the world. What you discover will make you realize that a lot of what you were taught to believe was nonsense.

# $\Omega$ Leo

# July 24 - Aug. 23

Make sure that you are getting paid the right amount for your talents. If you allow yourself to be cheated out of small amounts now, you will be cheated out of larger amounts later on.

# **W** Virgo

Aug. 24 - Sept. 23 This week Mercury, your ruler, is still going through one of its difficult phases. Between now and Friday, when Mercury moves in your favour again, don't take it for granted that what you're being told is true.

# △ Libra

# Sept. 24 - Oct. 23

Travel and social plans may have to be changed today as the planets bring to light information that casts doubt on other people's motives.

# M Scorpio

Oct. 24 - Nov. 22

The Sun in Pisces makes this one of the best times of the year for you and when the Sun links with Jupiter next weekend you will get your reward for the efforts you have made. Between now and then though, be patient.

# **7** Sagittarius Nov. 23 - Dec. 21

Be more open with loved ones as the new week begins. If you make the effort, you will quite easily find the words that have been lacking these past few weeks - words that heal rifts.

# **17** Capricorn

Dec. 22 - Jan. 20

Even if you are the kind of Capricorn who too often lets your inhibitions get in the way of having fun, you will enjoy yourself immensely over the next few days.

## **⋄** Aquarius Jan. 21 - Feb. 19

You need to protect what you have gained. Common sense tells you that your winning streak can't last forever and if you carry on taking risks, you could lose it all. Maybe it's time to cash in some of those chips.

# **H** Pisces

Feb. 20 - March 20

This is very much a time to take risks. What happens around the time of the new moon on the 1st will delight you but it will be so much better if you start making creative and romantic things happen now. SALLY BROMPTON

# Crossword: Canada Across and Down

### Across

- 1. Sharon, Lois & 5. Blackthorn fruits 10. "Song for the \_\_": Maritime folk tune 14. Ms. Falana 15. "Cityline" quest expert, Bryce (Homeopath)
- 16. Stylish 17. Rent-18. Oscar-winning film, "Terms of
- (1983)20. Canadian-born alum of SNL, Phil
- 22. Hoops org. 23. Back then 24. Despises
- 26. National Capital Region community 28. Saskatchewan
- export 31. "It's been pleasure."
- 33. Swedish car 34. Broadway
- musical, Man Mancha
- 36. Intimidate 40. Waiter in Hollywood, often: 2 wds.
- 43. Not here 44. "\_\_! \_ mouse!" 45. Pants part
- 46. More pleasant 48. Some countertop edgings 50. Ms. Milano
- 53. Ms. Graff of '80s sitcom "Mr. Belvedere' 55. Writer, Rita

# 18 20 22 33 35 40 46

# Brown

62

66

69

58. Dublin's country 62. Quebec: Grosse Ile and the Irish Memorial National Historic Site (Where there was a station from 1832 to 1937) 65. Condo purchaser's

### wish

63

56. Tiny tallnesses

66. Bear constellation 67. Major artery 68. 'E' in QED 69. "Too stuffed, thanks." = ' 70. Pari \_\_\_ (Impartially) 71. Phone nos.

## Down

1. Ho-hum - -Fella Records 3. Wing-like 4. Winnipeg-raised actress on new Global medical drama "Remedy": 2 wds.

5. "Welcome Back, Kotter" student

# 6. ELO's Jeff

68

7. Former 8. Paradise 9. U.S. Navy builder 10. Fancy-style 1900 11. " a Symphony" by The Supremes 12. Naomi Watts

starred in the 2002

# American version of this Japanese horror 13. Ontario community 21. Humanities degs.

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- 19. Hotels chain

- 25. F. Murray Abra-
- ham's Oscar-winning
- "Amadeus" (1984) role, Antonio
- 27. Alannah Myles chart-topper about
- Elvis: 2 wds.
- 28. "Over here..."
- 29. Pledge
- 30. Weight allowance
- 32. Placing
- 35. Take off
- 37. \_\_ Reader (Alternative press
- magazine)
- 38. Oasis songwriter 39. "\_\_ bien!'
- 41. Memoirs of a
- (Arthur Golden novel)
- 42. Vicki \_\_\_, Vancouver-born broadcaster
- 47. Snooze 49. Mariner's dir.
- 50. Quebec: Town in
- the Lower Saint-
- Lawrence
- 51. Ms. Linney 52. Leavening agent
- 54. Buildups in dryers
- 57. Greek portico
- 59. 'Million' suffix 60. Oscar-winner
- Patricia
- 61. ABC's ballroom show
- 63. Ms. Dawn Chong
- 64. US tax bureau

# Friday's Crossword

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"ο	U	т	R	E	"М	0	N	т		"A	C	A	5	
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°B	6	-1	20 <sub>T</sub>		a <sup>e</sup>	E	E	R	8		"n	-1	0	
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14.	-	-	-	-		46_	-			44_	-	-	2.0	П

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	1	3	7	9	4	2	5	6
6	5	4	2	3	1	7	9	8
9	7	2	8	8	5	1	3	4
7	3	9	5	4	. 83	5	1	2
2	8	1	3	6	9	4	7	5
5	4	6	1	7	2	9	8	3
4	2	8	9	1	3	5	6	7
1	6	5	8	2	7	3	4	9
3	9	7	4	5	6	В	2	1

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TODAY

MAX: -10°

MIN: -24

THESDAY

MAX: -3° MIN: -20°

:<u>;</u>;



WEDNESDAY







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